

AFL Grand Final Friday

Group Fitness Timetable
Fri 25 Sept 2026

Centre hours
8am-7pm

Live Classes

8.15am	AQUA MOVERS
9:30am	COACH BY COLOUR
10.30am	RESTORATIVE REFORMER
10.45am	TAI CHI

***NO Relentless Class**
NO Gentle AQUA Class

Virtual Fitness Classes

8.15am	V BODY BALANCE
9.30am	V CORE
12.15pm	V BODY COMBAT
5.30pm	V BODY BALANCE
6:30pm	V BODY PUMP

Virtual Cycle Classes

7.00am	V SPRINT
8.00am	V RPM
11.45am	V RPM
5:00pm	V SPRINT

6:00PM

Book Online or at Reception!